

YOUR PASSPORT TO HEALTH NEWSLETTER

January - March 2006

Keeping
Clients
Informed

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PASSPORT
To Health

Services provided under the direction of the **Montana**
Department of Public Health and Human Services.

Raising a Healthy Child

What is a Well Child Check Up?

A Well Child check up is a visit to the doctor to make sure your child is healthy and growing like he should. A Well Child check up usually takes place when your child is not sick.

Medicaid has a Well Child check up program called Montana's Early and Periodic Screening, Diagnosis, and Treatment Program (EPSDT). EPSDT is a preventive or "Well Child" program for Medicaid eligible children from birth through age 20. There is no cost to you.

Regular check ups are key to a healthy childhood. If your provider finds a problem with your child's physical or mental health, vision, or teeth during the exam, your child will be referred for further exams and treatment.

Well Child checks include: A head-to-toe unclothed exam, a vision check, a hearing check, a dental check, a speech and language check, immunizations (shots), and lab tests, including blood lead level.

Your child should see other providers regularly, too, like a dentist. Your baby's first dental appointment with a dentist should be made right after his first tooth appears. Exams after that should take place every six months.

Regular health care for children helps them become healthy adults!

When Should My Child Get a Well Child Check Up?

When your child first gets a Medicaid card, call your provider for an appointment. Your newborn's first appointment should happen 2 - 3 days after leaving the hospital.

More visits are recommended at these ages:

- | | |
|-------------|------------|
| • 1 month | • 4 years |
| • 2 months | • 5 years |
| • 4 months | • 6 years |
| • 6 months | • 8 years |
| • 9 months | • 10 years |
| • 12 months | • 12 years |
| • 15 months | • 14 years |
| • 18 months | • 16 years |
| • 24 months | • 18 years |
| • 3 years | • 20 years |

Folic Acid Important for Pregnant Women



Many women re-evaluate their health and lifestyle once they know they are pregnant. But, by the time a woman has missed her first period, she is already two weeks pregnant, so it's best to prepare for a pregnancy before trying to have a baby.

Research has shown that folic acid (a B vitamin) is very important to the development of a healthy baby. Getting enough of it decreases a baby's chance of being born with certain birth defects.



To prevent these types of defects, every woman who could get pregnant needs to be sure to take a multivitamin with folic acid every day. Once you

know you are pregnant, you should keep taking a multivitamin with folic acid for the first three months of your pregnancy. Your provider will prescribe prenatal vitamins. Pregnant women can bring a prescription to their pharmacy and get these vitamins. Remember: **Pregnant clients do not pay cost share**, so make sure to notify your pharmacist right away that you are pregnant.

Some foods made of grain (like bread and cereal) have folic acid added to help women get a full 400 micrograms of folic acid each day. Check the nutrition panel on cereal boxes and bread wrappers to see how much folic acid each food contains. Folic acid also occurs naturally in dark green vegetables like peas, green beans, and spinach.

Did You Know?



...your child can get an eye or dental exam every year?

All children who have Medicaid are covered for both dental and vision services. Once every six months, your child should have a routine dental exam by any dentist who accepts Medicaid.

It is also recommended that your child get a vision screen every year. His PCP can do the screen and if needed, refer him to an eye doctor.

Please make sure your child has regular dental and vision exams to keep him healthy!

...your cost share amount can vary depending on your provider?

If you owe a cost share, be sure to pay it to your provider. The cost share amount charged by some PASSPORT providers is \$4; others charge \$9. Ask your provider how much your cost share amount will be.

To select or switch providers, call the Montana Medicaid Help Line at 1-800-362-8312 and the staff will be happy to help you.

...you might be able to get help with transportation to medical appointments?

Medicaid may provide transportation assistance for you to see a provider closest to your home. Certain rules apply and you must get approval before you travel. For more information, call the Medicaid Transportation Center at 1-800-292-7114.

The Reading Well Program Offers Free Books

Do you have a two year-old child? Or a five year-old child? Has she received all of the recommended immunizations? If so, you can get a **free book** for your child.



Just take your child's immunization record to your local Public or Tribal Health Department and you can pick out a free book for your child to enjoy. If you don't have an immunization record, ask your child's health care provider for a copy.

If your child needs some immunizations, make an appointment with your child's provider. Your Public or Tribal Health Department may also be able to give the immunizations.

The benefits of good health and good reading skills go hand in hand. Get your child off to a good start by getting her all the immunizations she needs and sharing a free book with her!

Conference for Foster/Adoptive Parents This Fall

Are you a foster or adoptive parent? Come to the Montana State Foster/Adoptive Parent Association Conference in Great Falls September 22 - 24. A variety of speakers will present helpful information. To learn more about the event and costs to attend, visit <http://www.msf-apa.org/> or call MSF/APA President Pat Llewellyn at 1-877-728-7173.

Important Phone Numbers

Montana Medicaid Help Line

General Medicaid Information
PASSPORT To Health

1-800-362-8312

Mental Health

(General Information)

1-888-866-0328

Social Security

1-800-772-1213

Children's Health Insurance Plan

1-877-543-7669

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29,500 copies of this document were published at State expense. Details are on file with the Department of Administration. Copies available in alternative format upon request.